

Department of Physical Education and Athletics

Administration

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The Program

Cornell is proud of its diversified physical education program—unique in its concept and tradition of excellence—that encompasses over one hundred recreational activities, ranging from the aquatic depths of scuba diving to the heights of mountain climbing. It ranks among the five largest university programs in the nation.

Teaching emphasis in the program is placed on recreational activities that can be continued outside the university. Each member of the instructional staff has extensive experience and skill in the area he or she teaches, and all of the abundant facilities available to the athletics department are used as needed in the program.

This catalog serves only as a guide. Dates, fees, and regulations stated herein are subject to change at any time. Please feel free to check any information at the physical education office in Teagle Hall.

Physical Education Requirements

All undergraduate students admitted to Cornell as freshmen must complete two terms of physical education—normally during the first two terms of attendance. Circumstances permitting exemption from, or postponement of, those requirements are outlined below.

Waiver of Requirements

A waiver or postponement of physical education requirements may be granted if the student:

1. has a physical handicap or medical affliction, certified by university medical staff, that precludes participation in any physical education activity (the department is prepared to adapt a physical education program to the individual needs of a handicapped student whenever possible); or
2. is committed to twenty hours or more of employment per week (the director of scholarship and financial aid must issue the request for exemption, certifying the necessity for such employment obligations).

Permission for postponement of, or exemption from, the physical education requirements is issued only by the University Faculty Committee on Physical Education or the director of physical education. Final authority for interpreting and ruling on requests for exemption rests with the committee.

Transfer Students

Students who transfer to Cornell from another college or university will be given credit for one term of physical education for each full term of academic transfer credit they are granted by Cornell. Any transfer student entering Cornell as a sophomore or higher normally is not required to take physical education classes for credit. Each student should clarify his or her transfer status with the appropriate college office. Transfer students subject to the credit requirement must take the swim test before signing up for an elective.

Swimming Requirement

The University Faculty Committee on Physical Education has established a basic swimming qualification requirement for all entering freshman students. Normally women take the test in the Helen Newman pool, and men in the Teagle pool, as part of their physical education registration process. The test consists of a continuous seventy-five-yard swim using front, back, and optional strokes and is conducted during the first week of academic classes. All others who have to qualify should contact the physical education office in Teagle Hall (men) or Helen Newman Hall (women) to make an appointment for the swim test. Any student who cannot pass the swim test is required to include swimming in his or her program of physical education before electives can be chosen. Students will receive a grade of incomplete in physical education until they have passed the swim test or fulfilled the requirement by satisfactory attendance in two terms of beginning swim class.

Course Registration

Registration for credit for all physical education classes (for men and women) takes place in Teagle Hall gymnasium during the academic course registration period. Dates and times are publicized with other registration information each semester. All classes for those in the required program are filled on a first-come—first-served basis. A \$25 penalty fee is charged by the physical education department for late enrollment occurring immediately after the university's posted registration periods.

Physical education courses may be dropped or added without penalty during the first three weeks of the semester; that must be done at the physical education office in Teagle Hall. Please be alerted to specific courses that list add-drop periods other than the first three weeks. In general, such changes will be allowed only if the student has a conflict caused by a change in his or her academic course schedule. Each student may make only one course change per term. The physical education department assesses a \$10 penalty fee for a course change made after the three-week drop-add period.

No-credit enrollment in courses for which class space is limited will be held on the second day of registration. Nautilus and racquetball will be included in this group.

Registration Procedure

After picking up their general registration materials, students enter the west end of Teagle Hall (across Garden Avenue from Barton Hall). Signs in the hall give directions to the gym, which is upstairs. In the gym, students:

1. sign up for a swim test (men sign at the Teagle table; women at the Helen Newman table; nonswimmers do not sign up for a swim test—they go directly to the course tables to sign up for a beginners' swim class);
2. after obtaining an appointment for a swim test, go to the course sign-up tables and make the selection of their choice. When signing up for a course, students should make sure they understand when and where the class will meet and any fee policy connected with the course.

Students who need to take the swim test during the spring term must arrange an appointment at the swim test appointment table during that registration.

Note: Current and prospective members of intercollegiate teams who need physical education credit must appear at each physical education course registration in Teagle gym to report that they are meeting their requirement through team participation. If for any reason they are dropped from the team roster, they must go immediately to the physical education office in Teagle Hall and enroll in a course.

Persons registering as no-credit students go directly to the registration tables to complete course enrollment. A valid ID card will be required to complete enrollment.

Note: Physical education courses vary in degree of risk and athletic ability needed. Students should consider all factors involved, including their own athletic abilities, when selecting courses.

Course Fees

Information about fees associated with physical education courses is available at the time of course registration. All fees are billed through the bursar's office. Other participants in courses involving fees usually must pay when they register. Only the person paying the fee will be allowed to use the playing time allotted by the fee. Payment will be waived or refund made only if:

1. the participant withdraws from the course during the designated drop-add period (the withdrawal must be made at the physical education office in Teagle Hall);
2. the participant fails to pass preliminary course requirements; or
3. the participant accumulates a significant number of medically excused absences from the course (the director or assistant director of the physical education program will make the decision in this situation).

Note: All fees charged for the Greek Peak ski program are subject to the regulations of the Greek Peak ski center. Please refer to the information sheet supplied by Greek Peak at spring registration.

Credit

Physical education credit is granted for:

1. satisfactory completion of a course offered through the physical education program;
2. participation on an intercollegiate team as a competitor or manager;
3. participation in the marching band (fall term only);
4. satisfactory completion of a physical education course at a recognized institution provided that (a) a written request to enroll is submitted to, and approved by, the director of physical education at Cornell and (b) a transcript of the in absentia credit is forwarded to the physical education office at Cornell.

Students receive credit for only one course per term. If a student enrolls in more than one course per term, credit will be given only for the first course the student has enrolled in, as recorded in the physical education office. A grade of incomplete received in a physical education course taken for credit must be made up before the end of the following term.

Absences

Students enrolled for credit are allowed three absences without penalty in each twelve-week course. Proportional adjustments will be established by the instructor for courses meeting for more than forty-five minutes at each session or that meet over a period of less than twelve weeks. Each absence due to illness or medical problems that is in excess of the three absences allowed without penalty must be made up. All medical problems and illnesses that cause absence from classes must be reported to the Gannett Health Center at the time of occurrence. A maximum of eight illness-related absences will be allowed per term before a medical postponement is imposed.

Students enrolled for credit in the Greek Peak ski program will be permitted to make up only one absence; five attendances are required to receive credit for the program. The allowable absence must have been made up by the program's ending date.

Elective Enrollment

Elective (no-credit) enrollment is allowed, and encouraged. A maximum of five absences is allowed per twenty-four class sessions (a proportional adjustment is made for courses meeting less often). Penalty for noncompliance is a \$10 fee.

Faculty, staff, their spouses, and college-age dependents are welcome to participate in the physical education program whenever class space is available. A general registration fee of \$50 is charged in addition to any specific course fees.

These fees are to be paid by cash or check at the time of course registration.

Facilities

Teagle Hall, at the corner of Garden Avenue and Schoellkopf Drive, is the administrative headquarters for the physical education and athletics program. Department offices (telephone: 255-4286) are in the west end of the building. Teagle contains two swimming pools, crew practice tanks, a wrestling room, weight-lifting rooms, and a steam room. Classes in gymnastics, judo, karate, scuba diving, swimming and water safety, weight lifting, and yoga are held here.

Helen Newman Hall is situated at the end of South Balch Drive (telephone: 255-5133). The building contains a swimming pool, dance studios, sixteen bowling alleys, a large open gym floor, and a sauna room. Classes in aerobics, archery, badminton, basketball, bowling, dance, fencing, physical conditioning, swimming, tennis, and volleyball are held here.

Barton Hall, situated on Garden Avenue opposite Teagle Hall, contains a large open gym floor. Classes in basketball, hunter safety, jogging, physical fitness, riflery, volleyball, and mountaineering are held here.

Lynah Rink is used for classes in figure skating, hockey, and ice skating, as well as for public skating sessions during scheduled hours from late October until mid-March.

Schoellkopf Hall is used for Nautilus and weight-lifting exercises and first-aid and CPR instruction. Classes in racquetball and squash are held in the **Grumman Squash Courts**. Other facilities used in the program include the **Cornell Equestrian Center** for polo and riding instruction; **Moakley golf course** for instructional and recreational golf; the **Kite Hill indoor tennis bubble**; the Tompkins County Rod and Gun Club for skeet and trapshooting; and Greek Peak, Virgil, New York, for skiing.

Schedules for use of all athletics facilities can be obtained from the Teagle Hall and Helen Newman Hall main offices.

Use of Facilities and Equipment

In the event conflict arises about the use of department equipment or facilities, physical education classes have priority. The director or assistant director of physical education will assign priorities when necessary. The Department of Athletics and Physical Education is not responsible for any personal items left in any of its buildings or facilities.

Equipment Issued to Students

All students taking classes for credit are entitled to use of a basket and combination lock and a soap user's card. Baskets for men and women are available in Teagle Hall and are assigned to new students during academic registration. There are baskets for women only in the main locker room in Helen Newman Hall; assignment procedures are the same as for Teagle. Baskets are issued on a first-come-first-served basis, beginning during academic registration week. Each student may receive a towel when he or she attends

class. There is no charge for the basket, lock, or towel provided they are returned to the department at the appropriate time. If any of these articles is lost, the replacement cost will be charged to the student's bursar account.

Each student will provide his or her own appropriate gym uniform (socks, shorts, T-shirt, sneakers, etc.) for class when needed. Students can rent a solid-color gym uniform for use during the term from the locker-room staff in Teagle Hall.

Students are allowed to borrow small equipment items, such as basketballs, volleyballs, skip ropes, punching-bag gloves, or horseshoes, from their locker-room equipment areas for short-term use. The student's identification card will be held by the department as security while the item is in use.

Equipment Issued to Groups

Established campus groups may borrow certain sports equipment (e.g., volleyballs and nets but not poles; softball and softball bases and bats) from Helen Newman and Teagle halls for up to twenty-four hours during the early fall or late spring. A deposit is required.

Faculty-Staff Use of Facilities

Faculty, staff, and their spouses become eligible to use Teagle Hall and Helen Newman Hall facilities by paying a yearly membership fee. Members are issued a basket and lock (at the issuing hall only) and are provided with a gym uniform and towel on a daily basis. Faculty and staff may participate in any physical education class on a space-available basis; all related fees must first be paid (see "Elective Enrollment," above).

Use of Swimming Facilities

All students may use the swimming facilities in Teagle Hall or Helen Newman Hall between classes, during the noon hour, and at established hours during the evening and on weekends. Faculty and staff who have Teagle Hall seasonal memberships may use the Teagle pools during those periods also. Faculty and staff who do not have seasonal memberships can use the Helen Newman pool (by paying an hourly fee) or the Teagle pools during designated hours. Specific times are established each term for coed swimming and for family swim nights. Schedules for the use of the pools are available in the main offices of Teagle and Helen Newman halls.

Women using the Teagle pools must supply their own swimsuits (caps are not required); they may change and shower in the locker rooms at the west end of the building, facing Barton Hall. Towels are provided. Teagle Hall does not provide hair dryers, but electrical outlets are available for use of personal dryers in the locker rooms. Swimmers using the Helen Newman pool must provide their own swimsuits.

All persons using swimming facilities are required to take a thorough shower immediately before entering the pool and to obey the orders of the lifeguards at all times. Swimming is allowed only when a lifeguard is on duty.

Courses

The courses and fees described in this catalog are subject to change or cancellation at any time by official action of Cornell University.

Enrollment in any course is limited by the space available. Other restrictions are included in the course description. All courses are coeducational. The specific time and place of class meetings, as well as information about fees, are available at physical education course registration. Course fees are billed through the Office of the Bursar.

Additional course offerings may be listed at registration, since the curriculum is frequently reviewed and changed.

Basic Archery

Fall and spring.
Two classes a week, Helen Newman Hall.
Instruction in the care of equipment; seven basic steps for shooting; scoring; practice shooting at twenty, thirty, and forty yards.

Intermediate Archery

Fall and spring.
For those who have playing experience.

Badminton

Fall and spring.
Two classes a week.
Fundamental shots, scoring, and general play.

Basketball

Fall and spring.
Two classes a week.
Fundamental drills in passing, shooting, and dribbling. Scrimmages each class session.

Bowling

Fall and spring. Fee charged.
Two classes a week, Helen Newman Hall.
For the beginning and intermediate bowler. Shoe rental is included in the fee.

Equitation

Fall and spring. Fee charged.
One class a week, Cornell Equestrian Center. Class days and hours are arranged at registration.
Instruction varies according to riding ability and experience.

Fitness and Conditioning I

Fall and spring.
Two classes a week.
Physical fitness program that embodies features of stretching exercises, weight lifting, and jogging. Students work on their individual training needs.

Fitness and Conditioning II

Fall and spring.
Two classes a week, Teagle Hall.
Flexibility exercises and strength-building concepts with various equipment and cardiovascular endurance tests. Body-fat testing and submaximal treadmill test included.

Fitness for Women

Fall and spring.
Two classes a week, Teagle Hall.
Fitness program that is geared toward women's own interests and abilities. Nutrition, time management, relaxation techniques, and stress management are included.

Judo

Fall and spring. Fee charged.
Two classes a week, Teagle Hall.
Conditions and increases suppleness. Develops skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

Lacrosse

Fall.
Two classes a week, Schoellkopf Field.
Instruction and practice in basic skills (cradling, passing, catching, goal shooting, checking) and team play.

Nautilus

Fall and spring. Enrollment limited to capacity of facilities. Fee charged.
Two classes a week, Schoellkopf Hall.
Advanced weight lifting on specifically designed apparatus. There are ten stations in the room.

Power Lifting

Fall and spring.
Teagle Hall.
Introduces the student to the proper use of free weights for improving physical condition and muscular strength. Instruction with focus on the relation between high-rep light weight lifting, low-rep heavy lifting, and the development of bulk, strength, and endurance.

Racket Games

Fall and spring.
Two classes a week, Teagle Hall.
Racquetball, squash, badminton, and deck tennis. Playing fundamentals, scoring, and rules are stressed. Interclass competition.

Racquetball

Fall and spring. Fee charged.
Two classes a week, Grumman Squash Courts.
Instruction at all levels. Equipment is furnished.

Racquetball II

For those who have playing experience and want interclass competition.

Relaxation and Stress Management Fall and spring.

Two classes a week, Helen Newman Hall. Introduction to basic relaxation techniques for the reduction of everyday stress. Techniques will be taught that can be used in normal everyday living situations.

Slimnastics Fall and spring.

Two classes a week, Helen Newman Hall. Ways in which exercises may be used in weight control, the role of nutrition and diet in weight control, and the design of an individual exercise and running program.

Soccer Spring.

Two classes a week, Schoellkopf Field. Introduction to the game. Includes basic individual skills (passing, trapping, volleying) and team play and strategy.

Squash Fall and spring. Fee charged.

Two classes a week, Grumman Squash Courts. Classes for all levels of play. Equipment is furnished.

Triathlon Fall.

Designed to acquaint students with the components of, and conditioning for, triathlon (running, swimming, and bicycling).

Weight Training Fall and spring.

Two classes a week, Teagle Hall. Classes include instruction in correct lifting techniques involving all muscle groups. Recreational classes are established for experienced lifters; structured classes are for novices. Universal weights are used.

Aquatic Courses**Beginning Swimming** Fall, spring, and summer.

Two classes a week, Helen Newman Hall and Teagle Hall. Instruction and practice in basic skills leading to passing the basic swimming proficiency test.

Advanced Beginning Swimming Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. This course is ideal for all who have taken one term of Beginning Swimming, regardless of whether the swimming test was successfully completed. Areas of special emphasis are the crawl stroke and rotary breathing, back crawl, sidestroke, breaststroke, diving, treading water, and underwater swimming. The primary objective of the advanced beginning swim course is to strengthen the student's confidence and competence.

Intermediate Swimming Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. Practice and perfection of basic skills and five basic strokes.

Advanced Swimming Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. Practice and perfection of the eleven basic strokes.

Diving Fall and spring.

Two classes a week, Teagle Hall. Instruction in all the basic dives, including front (pike and layout), back, and front and back somersault.

Advanced Lifesaving Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall. American Red Cross senior lifesaving course. Practice and execution of survival and lifesaving skills. Certification is awarded on satisfactory completion of the course.

American Red Cross Water Safety Instructor

Certification Fall and spring. Prerequisite: American Red Cross advanced lifesaving certification.

Three or five classes a week, Helen Newman Hall and Teagle Hall. Students must not miss first class. American Red Cross water safety instructor certification is awarded on satisfactory completion of the course.

Water Safety Instructor Refresher Course Spring.

Five classes a week, Teagle Hall. Selected sessions of the basic water safety instructor certification course.

Water Aerobics Fall and spring.

Two classes a week, Teagle Hall and Helen Newman Hall. Offers the participant all the components of a standard aerobics class with music, rhythmical routines, resistance activities, cardiovascular conditioning, stretching, and flexibility but in an aquatic environment.

Scuba Diving Fall, spring, and summer. Fee charged.

Teagle Hall. Program includes skill training in a pool and open-water training in Cayuga Lake. P.A.D.I. certification awarded upon successful completion.

Advanced Open-Water Scuba Diving Fall and spring. Fee charged.

Advanced-level open-water training in Cayuga Lake. For those who have completed the basic course.

Rescue Diver Fall and spring. Fee charged.

Advanced course for scuba divers. For those who have completed Advanced Open-Water Scuba Diving.

Dive Master Fall and spring. Fee charged.

Hours to be arranged. Teagle Hall. Advanced-level scuba course open only to those who have completed the rescue diver course.

Bahamas Scuba Diving Fall and spring. Fee charged.

This course is offered during intersession periods. One week of sailing and diving in the Bahamas. See the information sheet at the registration table.

Beginning Synchronized Swimming Fall.

Two-hour class one evening a week, Helen Newman Hall. Sculling stunts, including the tub, marlin, log roll, front and back tuck somersaults, and front and back pikes.

Advanced Synchronized Swimming Spring.

Two-hour class one evening a week, Helen Newman Hall. Preparing, practicing for, and presenting an aquatic show.

Aquatic Conditioning Fall and spring. Prerequisite: good swimming ability.

Two classes a week, Teagle Hall. Introduction to, and practice of, different training methods. Final objective: to swim 2,500 yards during class period.

Board Sailing (Wind Surfing) Fall, spring, and summer. Fee charged.

Ten instructional lessons plus free practice times. The equipment is furnished. A Mistral Board Sailing Academy certificate is awarded on successful completion of the course.

Water Skiing Fall and summer. Fee charged.

Three classes a week. Introductory course for beginning water skiers. Conducted on the east shore of Cayuga Lake. Students must provide their own transportation to and from the lake.

Dance

Ballroom Dancing Fall and spring. Fee charged. Students and their partners must sign up at course registration. Includes instruction in the waltz, Charleston, rumba, and tango.

Aerobic Dance Fall and spring. Fee charged.

Two classes a week. A simple dance program designed to keep the cardiovascular system in top shape by making the body demand increased amounts of oxygen.

Dance Fall and spring.

Two or three classes a week, Helen Newman Hall. Develop flexibility, coordination, and the ability to perceive and reproduce phrases of dance movement with rhythmic accuracy, clarity of body design, and fullness of feeling. Auditions are required for admission to some advanced courses, since they require the mental and physical ability to perform more-complex phrases in various styles.

Modern Dance I, II, III, IV**Ballet I, II, III****Jazz Dance II****Fencing****Fencing I** Fall and spring. Fee charged.

Two classes a week, Helen Newman Hall. Includes warm-up exercises and all basic offensive and defensive moves. Equipment is furnished.

Fencing II Fall and spring. Fee charged. Prerequisite: Fencing I or the equivalent.

Two classes a week, Helen Newman Hall. Interclass competition is stressed. Equipment is furnished.

First Aid**Standard First Aid** Fall and spring. Textbook fee charged.

One or two classes a week, Schoellkopf Hall. American Red Cross standard first-aid course. Certification is awarded on satisfactory completion of the course.

Advanced First Aid Fall and spring. Fee charged. American Red Cross certification is awarded on satisfactory completion of the course.**Cardiopulmonary Resuscitation (CPR)** Fall and spring. No credit. Fee charged.

One class a week for four weeks, Schoellkopf Hall. American Red Cross CPR certification is issued on satisfactory completion of the course.

Emergency Medical Training Course Fall and spring. Fee charged.

Will cover two terms, for 100 hours of training. Designed for those involved in high-level emergency medical skills. New York State EMT certification will be awarded to those who successfully complete course.

Golf**Instruction in Golf** Fall and spring. Fee charged.

Two classes a week, Moakley golf course. Instruction by PGA professionals is geared to all levels of experience and ability. The objective is to give beginners enough skill to play, and to give more-advanced players direction in their thinking, practice, and play, through a thorough understanding of fundamentals. Equipment is furnished.

Recreational Golf Fall and spring. Limited to students who are experienced golfers. Fee charged.

Moakley golf course. Students must provide their own clubs. Twelve rounds of nine holes each must be played to complete the program.

Gymnastics**Beginning Gymnastics** Fall and spring.

Two classes a week, Teagle Hall. Basic instruction in tumbling, dance for gymnastics, and use of all pieces of apparatus.

Intermediate Gymnastics Fall and spring.
Two classes a week, Teagle Hall.
Beginning gymnastics or the equivalent is a prerequisite.

Jogging

Jogging Fall, spring, and summer.
Two classes a week, Barton Hall and track.
A program to meet the needs of each participant.
Increases capacity from jogging a few hundred yards to three miles at the end of twelve weeks.

Jogging Tours Fall.
Three classes a week for seven weeks, Barton Hall.
Each class consists of a three-to-five-mile jogging tour of a local area.

Martial Arts

Basic Karate Fall and spring. Fee charged.
Two evening classes a week, Teagle Hall.
A beginning course taught by professional staff.

Advanced Karate Fall and spring. Fee charged.
Two evening classes a week, Teagle Hall.
Open to those who have taken Basic Karate or the equivalent.

Kung Fu Fall and spring.
Two classes a week, Teagle Hall.
Exploration of conditioning and fitness procedures used in the major martial arts, such as karate or judo.
Covers circular movement for generating strong blocks, kicks, and punches.

Martial Arts and Aerobic Exercises Fall and spring.
Three classes a week, Teagle Hall.
Blend of ten basic martial-art techniques in a framework of rhythmic exercises.

Self-Defense for Women Fall and spring. Fee charged.
Hours to be arranged, Teagle Hall.
Basic methods of physical protection for women.

Tae Kwon Do Fall and spring. Fee charged.
A Korean martial art distinguished by its emphasis on high and powerful kicks. Basic kicking, punching, and blocking are emphasized.

T'ai Chi Chuan I and II Fall and spring.
Three classes a week, Teagle Hall.
Introduction to T'ai Chi, a system of graceful, slow-movement exercises that aim at nurturing relaxation, deep breathing, and improved circulation.

Outdoor Program

Backpacking in the Finger Lakes Region Fall, spring, and summer.
Classes lead to a full weekend on the trail.

Bicycling Fall and spring.
Afternoon or weekend rides. No overnights.

Bicycle Touring and Camping Fall and spring.
Rides lead to overnight weekend tours.

Flat-Water Canoeing Fall and spring.
Afternoon or weekend outings to local lakes. No overnights.

Canoe Expeditioning Fall, spring, and summer.
Outings finish with an Adirondacks expedition.

White-Water Canoeing Fall and spring.
Includes three days of white-water trips.

Cross-Country Skiing I and II Spring.
Six 3½-hour classes. Meets once each week immediately following spring registration.
Van transportation provided for groups of twelve students and two instructors. Ski rental optional.

Cross-Country Skiing—Day Touring Spring.
Four full-day weekend outings.
Emphasis on backwoods touring. Ski rental optional.
See the brochure *Cornell University Outdoor Program* at registration for more information about courses.

Adirondack Ski Expedition Winter break.
Ten-day winter camping and skiing trip.

Hiking in the Finger Lakes Region Fall and spring.
Includes four weekend days of hiking.

Technical Ice-climbing Spring.
Includes four weekend days of climbing.

White-Water Kayaking Fall and spring.
Includes three days of white-water trips plus pool sessions.

Natural History Fall and spring.
For those interested in the local ecology.

Outdoor Leadership
For those interested in becoming Outdoor Program instructors.

Basic Rock-climbing Skills Fall and spring. No experience required.
Meets one afternoon a week for eight weeks.

Shawangunks Rock-climbing Expedition Fall and spring.
Includes a four-day climbing camp.

Wilderness Skills Fall and spring.
Introductory course. Includes a wilderness expedition during fall break or spring break.

Wyoming Wilderness Expedition Summer.
Full-time course for the entire month of June to train outdoor instructors.

Riflery

Riflery Fall and spring. Fee charged.
Two classes a week, Barton Hall.
Instruction and practice in the techniques of target riflery from various shooting positions.

Skeet and Trapshooting Fall and spring. Fee charged.
Two-hour class one afternoon a week, Teagle Hall.
Includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

Hunter Safety Fall and spring.
Hours to be arranged, Barton Hall.
Instruction in hunter safety leads to New York State certification for bow and gun.

Basic Pistol Fall and spring.
Barton Hall range.
Instruction in the use of the pistol in the three modes of fifty-foot competitive target shooting—slow fire, timed fire, and rapid fire. Emphasis placed on safety and responsibility while firing.

Sailing

Principles of Sailing Fall, spring, and summer. Fee charged.
One class a week, Cayuga Lake.
Instruction in basic sailing skills and safety principles. Students sail small and large boats on Cayuga Lake, weather permitting.

Intermediate Sailing Spring. Fee charged.
One class a week, Cayuga Lake.
Instruction in more-advanced techniques for those already familiar with the basic principles of sailing.

Skating

Introduction to Skating Fall and spring. For beginning to intermediate skaters. Fee charged.
Three classes a week for half a term, Lynah Rink.
Students provide their own hockey skates or rent them at Lynah Rink.

Beginning and Low-Intermediate Figure Skating Fall and spring. Fee charged.
Three classes a week for half a term, Lynah Rink.
Instruction and practice in basic figure skating techniques: forward and backward, crossovers, turns, and spirals. Students provide their own figure skates or rent them at Lynah Rink.

Intermediate and Advanced Figure Skating Fall and spring. Limited to experienced skaters. Fee charged.
Three classes a week for half a term, Lynah Rink.
Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

High-Intermediate and Advanced Figure Skating Fall and spring. Fee charged.
Three classes a week, Lynah Rink.
Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

Introduction to Ice Hockey Fall and spring. Fee charged.
Two classes a week, Lynah Rink.
Stick handling, passing, and shooting are stressed. Students provide their own skates and sticks; all other equipment is furnished.

Intermediate Hockey Fall and spring. Fee charged.
Prerequisite: Beginning hockey or participation in organized hockey.
Two classes a week, Lynah Rink.
This course is designed for the intermediate hockey player. Advanced techniques taught include positioning, power play, penalty killing, and offensive and defensive attack. Each session emphasizes game situations and scrimmaging. Skates and hockey sticks must be supplied by the participants. All other necessary equipment will be supplied.

Skiing

Skiing Conditioning Fall.
Two classes a week, Helen Newman Hall.
Exercises designed to increase flexibility, strength, and endurance in preparation for the ski season.

Downhill Skiing Spring. Fee charged.
One class a week, Greek Peak.
Transportation, instruction, ski-lift fees, and skiing time are offered in a package deal. Greek Peak personnel are present at registration to explain the program and accept fees. Bus transportation to Greek Peak is provided six afternoons a week for six weeks.

Tennis

Indoor Tennis Spring. Fee charged.
Two classes a week, Kite Hill tennis bubble.
Classes for all levels of play. Emphasizes strategy for intermediate and advanced groups. Space limitation requires doubles play.

Beginning Outdoor Tennis Fall.
Three classes a week for half a term, Helen Newman courts.
Instruction and practice in basic strokes (forehand, backhand, serve).

Intermediate Outdoor Tennis Fall.
Three classes a week for half a term, Kite Hill courts.
Use of fundamental strokes, lobs, and drop shots; doubles strategy.

Advanced Outdoor Tennis Fall. Limited to experienced players.
Three classes a week for half a term, Kite Hill courts.
Emphasizes strategy.

Volleyball

Introduction to Volleyball Fall and spring.

Two classes a week, Barton Hall.
Fundamentals of ball handling, serves, defensive blocks, and position play are stressed. Classes will scrimmage.

Intermediate Volleyball Fall and spring.

Two classes a week, Helen Newman Hall and Teagle Hall.
Passing and blocking strategy; scrimmages in class.

Advanced Volleyball Fall and spring.

Two classes a week, Helen Newman Hall.
Offensive and defensive team strategy is emphasized in class scrimmages.

Yoga

Yoga I Fall, spring, and summer. Fee charged.

Two classes a week, Teagle Hall.
Fundamentals of hatha-yoga. Covers basic postures, breathing techniques, and deep relaxation. Introduces chanting.

Yoga II Spring. Fee charged.

Two classes a week, Teagle Hall.
Designed for those who have completed Yoga I or its equivalent.

Independent Study

Independent Study Fall and spring.

Independent study is designed for those who have difficulty fitting any of the regularly scheduled courses into their academic program. Class activities will be based on personal fitness programs. A term paper is required. Special permission to enter this program must be granted by the program director.